

Listing of Claims:

This listing of claims will replace all prior versions, and listings of claims in the application:

Claim 1-14: (Cancelled).

Claim 15 (new): A muscle stimulation and massage apparatus comprising:

- (a) a foot plate;
- (b) a column arranged perpendicularly on the foot plate and comprising two guide rails; and
- (c) a vibration unit arranged on a lift,
wherein the lift may travel on the guide rails and may be fastened in a lockable manner at different heights, and wherein the vibration unit is located on a side of the column outside the guiderails.

Claim 16 (new): A muscle stimulation and massage apparatus according to claim 15, wherein the vibration unit comprises:

- (a) a housing with an intermediate base;
- (b) a vibration plate, the vibration plate being connected to the intermediate base by way of at least one spring unit; and
- (c) a drive shaft located in the housing, the drive shaft comprising at least one eccentric which is pivotally connected to the vibration plate via a coupling rod.

Claim 17 (new): A muscle stimulation and massage apparatus according to claim 16, wherein the vibration unit is provided with a programmable control, whereby at least one of the time duration and vibration frequency may be changed.

Claim 18 (new): A muscle stimulation and massage apparatus according to claim 16, wherein the spring unit comprises is a two-dimensionally designed leaf spring which is attached to the intermediate base and the vibration plate, whereby the spring unit provides lateral guiding of the vibration plate and prevents a lateral backing-away of the vibration plate with respect to the housing.

Claim 19 (new): A muscle stimulation and massage apparatus according to claim 16, wherein the spring unit comprises at least one torsion rod.

Claim 20 (new): A muscle stimulation and massage apparatus according to claim 18, wherein the leaf spring comprises an upper spring plate and a lower spring plate, and wherein the lower spring plate is provided with an opening through which the coupling rod (142) passes.

Claim 21 (new): A muscle stimulation and massage apparatus according to claim 18, wherein the leaf spring comprises multiple leaf spring elements.

Claim 22 (new): A muscle stimulation and massage apparatus according to claim 16, wherein the vibration plate is designed as a vibration cushion and reaches at least partly into the housing.

Claim 23 (new): A muscle stimulation and massage apparatus according to claim 16, wherein the housing of the vibration unit on the lift is pivotable about a horizontal pivot axis.

Claim 24 (new): A muscle stimulation and massage apparatus according to claim 16, wherein the drive shaft passes laterally out of the housing and is provided with receivers at lateral ends for receiving at least one additional element for a vibration therapy.

Claim 25 (new): A muscle stimulation and massage apparatus according to claim 24, wherein the at least one additional element is selected from the group consisting of: eccentric disks; pulleys; and hand loops.

Claim 26 (new): A muscle stimulation and massage apparatus according to claim 16, wherein a vibration rod is connected to the vibration plate, the vibration rod being moveable with the vibration plate and wherein the vibration rod may be provided with at least one additional element.

Claim 27 (new): A muscle stimulation and massage apparatus according to claim 26, wherein the at least one additional element is selected from the group consisting of: eccentric disks; pulleys; and hand loops.

Claim 28 (new): A muscle stimulation and massage apparatus according to claim 15, wherein the foot plate, on the side of the column on which the vibration unit is located,

comprises two fork ends which are distanced to one another, and wherein the distance between the two fork ends corresponds to at least the width of the vibration unit, so that the vibration unit may travel down between the fork ends.

Claim 29 (new): A muscle stimulation and massage apparatus according to claim 15, wherein the lift may continuously travel up and down over a predeterminable height range for a duration of time in a programmed manner.

Claim 30 (new): A muscle stimulation and massage apparatus according to claim 15, wherein the footplate is provided with rollers.

Claim 31 (new): A muscle stimulation and massage apparatus according to claim 15, wherein the foot plate is provided with skids.